

TERIYAKI JERKY
(sugar free)

INGREDIENTS:

- ❖ Lean Beef 4 – 5 lbs
- ❖ Stevia extract powder ¼ tsp
- ❖ Ginger 1 ½ tsp
- ❖ Garlic 12 Cloves
- ❖ Onion (Medium sweet) ½ ea
- ❖ Tamari 1 Cup
- ❖ Rice vinegar ½ Cup
- ❖ Kosher flake salt ¾ tsp
- ❖ Liquid smoke ½ tsp

METHOD:

1. Slice beef and place in zip top bag.
2. Place all other ingredients in food processor and run until onion and garlic are liquefied.
3. Pour marinade over beef strips and place in fridge overnight.
4. Drain marinade from meat and lay strips, without touching, onto dehydrator trays.
5. Dehydrate 8-16 hours until leathery, but not brittle.
6. Store in the fridge or freezer.



NOTES:

Can I just use this as a marinade?

If you aren't up for making jerky, this makes a fantastic marinade for a teriyaki stir-fry. You can easily cut the recipe in half and use it for any chicken, beef, or pork of your choosing. Because there is no sugar, the sauce will be thinner and less like the sticky glaze that is characteristic of commercial teriyaki, but the flavor will satisfy a craving while keeping you sugar-free.

What type of beef do you use?

Any lean cut of beef will work. My local market often has petite sirloin on sale so that is what I commonly use. I freeze (or thaw if pulling from the freezer) until the meat is halfway frozen, not completely solid, but not squishy to make slicing easier. Trim off as much of the fat as you can, it doesn't dehydrate like the meat and can become rancid in storage. You want to cut with the grain of the meat to get that chewy, stringy jerky texture. As best you can, make all your slices even in thickness so they dehydrate at the same rate. If some are thin and some are thick you run the risk of over drying some pieces to brittle cardboard and under drying the others.

Do I have to use stevia?

Of course not. Feel free to use whatever sweetener you desire to the equivalent of 1/4 to 1/2 cup sugar. Different sweeteners will impart different flavors to your marinade. Start with less and taste the marinade before it comes in contact with the meat; adjust as necessary, but remember the sweet will concentrate a bit during dehydration

Can I use garlic and/or onion powder?

Yes, but you might need to add a bit of water, like 1/4 cup to make up for the liquid that the fresh onion contributes. 2 Tbsp garlic powder and 3-4 Tbsp onion powder should translate to the same flavor that the fresh offers. Every manufacturer's potency of garlic and onion powder differs, so you might need to play with it a bit; keeping in mind that like sweet, you can always add, you can't take it back out.

What is tamari?

Tamari is a fermented soy product that is almost identical in flavor to soy sauce, without having wheat as an ingredient. Make sure you read your labels, as I have crossed paths with some tamari that contains wheat.

How do I know when it is done?

If it is floppy, it is not done. If it cracks like a corn chip, it is overdone. Inevitably some of your slices will be thinner or thicker than others, so you might need to pull some of the thinner slices before the thicker slices are done. You are shooting for flexible and leathery strips. After it all sits for a day or so in a zip top bag, the moisture tends to even out and some of the strips that maybe got a little too dry will steal some moisture from the others and improve in texture. If after resting for a day, any of the jerky seems underdone, place back in the dehydrator and continue to dry. With experience and practice you'll get to know your dehydrator/oven and how long it takes to get the perfect leathery jerky.

How do I store the jerky?

Although jerky should be just fine in a closed container on the counter, I prefer to keep mine in the fridge and freezer just to add an extra ounce of prevention. Remember that this isn't full of all the chemicals and preservatives that grocery market jerky has, it is subject to eventual spoilage. The sodium in the tamari and salt greatly help with preventing nasty bacteria, but be smart about your food: if it smells bad or gets slimy or moldy, pitch it to the curb. Jerky seldom sticks around very long in our house, a couple of weeks at the most, so I can't tell you precisely how long you can expect it to last, but I suspect you will gobble it all up before you even have to question if it is still good!